



**Distributing food**

These members of the East Freedom Masonic Lodge 328 spent some of their Thanksgiving vacation helping the poor. Shown here with food baskets about to be distributed to the needy are

from left: Frank Harris, Clodge McPhatter, Gene Floyd, Sylvester Floyd, William Kelly and Robert Doby.

# 'Finicky eaters' want choice

As your child grows, eating habits will change. The ages of 1-5 are often called the "finicky eater" state.

Actually your child is trying to learn how to do things alone. Your child will begin to take the lead in doing things rather than waiting to be told what to do. Children begin to copy their parents and other adults around them at this age.

Eating time can be used to support the changes taking place in your child. Try to make eating times pleasant and relaxed.

Talk with your child about foods. He/she can learn much about colors, shapes, sizes and tastes from food.

Offer your child a variety of food choices. But remember she/he will learn to like the foods that you like. Your table manners and eating habits will also be copied. Parents should set a good example.

**Eating Jags.** Expect your child to go through stages of eating only certain foods. If you remain calm and treat it casually, it probably will not last too long. Continue to offer new foods and foods prepared in different ways.

**How To Build Good Eating Habits**

- Serve small portions.
- Offer snacks between meals.
- Snacks and meal-time foods should both come from the food groups listed in the Daily Food Guide.
- Your child does not need sweets every day. Sugary foods like soft drinks, cookies, candy and chewing gum cause tooth decay. They also replace more nutritious foods needed for growth and development.

-Give your child some finger foods and some that need to be eaten with a fork or spoon. Your child needs to learn to feed himself/herself. Mash, grind, chop or slice foods so they can be eaten. As your child develops teeth, serve foods that require chewing.

-Serve only one new food at a meal.

-Serve new foods as single foods rather than in mixed dishes.

## On the Front Burner

Alice Pettitt  
Home Economics Agent



- Give your child some choices in foods to eat.
- Allow for quiet periods before meals.
- Praise your child for good eating behavior. Avoid being critical of poor eating behavior.
- Strict rules about the amount of food to be eaten do not help your child develop good feelings about food. Threats, bribes or coaxing your child to eat "just one more bite for Grandpa" should not be used.
- Desserts are not needed at every meal. When they are served, serve those high in nutrients such as fruits, pudding or custard. Desserts should not be used as a reward for "cleaning your plate."
- Serve foods of different colors, shapes, sizes, textures, and temperatures at meals and snacks.

**CALIFORNIA POTATO SALAD**

- 6 medium potatoes, peeled, diced, cooled
- 8 slices bacon, cooked, crumbled
- 1/4 cup purple onions diced
- 1 tablespoon chives
- 1/2 cup commercial sour cream
- 1/2 teaspoon salt
- 3 eggs, hard boiled, diced
- 1/2 cup celery, diced
- 1/4 cup black olives, chopped
- 1/2 cup mayonnaise
- 1/4 teaspoon white pepper
- 1/8 teaspoon garlic powder

After assembling all the ingredients, mix evenly. Chill thoroughly. Garnish and serve. Yield: 8 servings.

**FRUITED CURRY RICE**

- 1 cup long grain rice
- 2 teaspoons curry powder
- 1/4 cup mixed dried fruits, chopped
- 1/4 cup blanched slivered almonds
- 1 tablespoon minced onion
- 2 beef or chicken bouillon cubes

2 tablespoons light raisins

Combine all ingredients. Package in an air-tight container. To prepare curry rice combine rice mixture with 2 1/2 cups water and 2 tablespoons butter or margarine; cover. Bring to boiling; reduce heat. Simmer 20 minutes. Do not lift cover. Yield: 4 cups cooked rice.

**GUAM'S MEAT MARINADE**

- 1 1/2 cup salad oil
- 1/4 cup worcestershire sauce
- 2 1/4 teaspoons salt
- 1/2 cup wine vinegar
- 2 cloves garlic
- 3/4 cup soy sauce
- 2 tablespoons dry mustard
- 1 tablespoon black pepper
- 1 1/2 teaspoons dried parsley
- 1/3 cup fresh lemon juice

Mix all ingredients. Pour over meat (chicken, pork or beef.) Marinate for 24 hours, turning at least 3 times. Marinade sauce can be saved for two weeks in refrigerator or two months in the freezer.

**SALES RENTALS PROPERTY MANAGEMENT CONSTRUCTION APPRAISALS**

**W.E. CARTER REALTY**

P.O. Box 783  
Raeford, N.C.  
Ralph Barnhart  
Edith Best

Home 875-3015  
Home 875-2246  
Home 875-3562

**Gene Carter**

**Enviro-Chem Co. EXTERMINATORS**

**HOUSEHOLD PEST CONTROL**

120 W. EDINBOROUGH AVE. Jim Conoly OFFICE 875-8146  
RAEFORD, N.C. EXTERMINATOR HOME 864-2314

Long Beach Office 278-9888 Sidney Mansfield/Exterminator

**NOTICE OF SALE**

The U.S. Government acting through the FmHA offers for sale to the highest bidder (sealed bids) the property formerly owned by Joseph M. Amaral and wife, Shirleen Amaral, located on the south side of State Road 1101 approximately 2 miles east of the intersection of NC 401 and State Road 1101 in Hoke County, NC. Property consists of 40.0 acres including 33 acres of cropland. This is the same property described in a Trustee's Deed of Correction recorded in the Hoke County Register of Deeds Office on August 11, 1983, in Book 230, Page 087. Sealed bids will be received by the FmHA Office located at 502 Edinborough Avenue, Raeford, NC until December 6, 1984, at 4:00 p.m., and will be publicly opened at the FmHA Office, Room 570, 310 New Bern Avenue, Raleigh, NC 27601, on December 13, 1984, at 3:00 p.m. A five percent (5%) bid deposit in the form of cashier's check or certified check payable to the Treasurer of the United States will be required. The Government reserves the right to reject any and all bids.

Terms: Cash or 10% down and balance payable in not more than ten (10) equal annual installments of principal plus interest on the unpaid balance at a rate of 10-3/4% per annum.

For inspection of the property, information, and bid forms, contact Loyd A. Robinson, County Supervisor, FmHA, 502 E. Edinborough Avenue, Raeford, NC 28376. Telephone: (919) 875-4026.

**PLEASE NOTE THAT:**

1. Bids will be accepted only in writing on Form FmHA 465-10, "Invitation, Bid and Acceptance." Any conditions of the bid proposed by the bidder which are not specified on Form FmHA 465-10 must be attached to Form FmHA 465-10.
  2. If the bids received are for the same amount, preference will be given to the bid offering cash over the bid requiring financing by FmHA.
  3. Bidders whose bids contain the condition that FmHA finance the sale on terms will submit, along with Form FmHA 465-10, a current financial statement and a pro forma statement indicating their repayment ability.
- Farmers Home Administration properties are sold without regard to race, sex, creed, color, or national origin.

**LEGALS**

**NOTICE OF SERVICE OF PROCESS BY PUBLICATION IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION BEFORE THE CLERK FILE NO. 84 SP 99**

IN THE MATTER OF THE ADOPTION OF CHRISTOPHER PALMER FISHER (biologically Frederick Christopher Palmer TO: FREDERICK PALMER

TAKE NOTICE, that a Petition has been filed seeking the adoption of the minor child, Frederick Christopher Palmer, born January 13, 1972, and further seeking the Court to declare said minor child to be abandoned by you; and pursuant to N.C.G.S. §48-6, the Petitioners have prayed the Court that these matters proceed without your written consent.

YOU will further take notice that the undersigned will appear before the Clerk of the Superior Court of Hoke County, North Carolina, forty (40) days or more after the first date of publication of this Notice, to seek such further relief, and you are required to make defense to such pleadings by that time, and upon your failure to do so, the parties seeking service against you will apply to the Court for the relief sought.

THIS, the 29th day of November, 1984  
ROBERT LEE FISHER, SR.  
LINDA BOWEN FISHER  
Route 1, Box 500  
Raeford, North Carolina 28376  
919-874-4590

32-34C

**N.C. COMMISSION OF INDIAN AFFAIRS SECTION 8 EXISTING RENT ASSISTANCE PROGRAM**

The North Carolina Commission of Indian Affairs, sponsor for the U.S. Department of Housing and Urban Development's Section 8 Rent Assistance Program in Hoke County, will begin accepting applications for the 1985 waiting list starting December 1, 1984. Applications will be accepted through March 30, 1985. The Section 8 Program is designed to assist very low-income families with their rent. The program pays that portion of a family's rent that exceeds 30% of their income. To qualify you must meet U.S. Department of Housing and Urban Development eligibility requirements. Those families who wish to apply should contact: Tim Locklear, Housing

You will love the results when you advertise in The News-Journal Classified ads.

**LEGALS**

Inspector, N.C. Commission of Indian Affairs office located in the federal building, Elwood Street, Raeford, N.C. (919) 875-2581. Application's accepted Tuesdays only from 9 a.m. to 11 a.m.

All applicants must furnish written verification of all sources of family income, public assistance, Social Security, etc. Applicant must furnish a copy of written verification of his income source before eligibility for rent assistance can be established. This information must be provided at the time of application. (NO EXCEPTIONS!)

**EQUAL HOUSING OPPORTUNITY STATEMENT:** We are pledged to the letter and spirit of U.S. policy for achievement of equal housing opportunity throughout the nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing by race, color, religion, or national origin.

**Maximum income limit to be eligible for rent assistance**

1-Person	2-Persons	3-Persons	4-Persons
\$6,450	\$7,350	\$8,300	\$9,200

5-Persons	6-Persons	7-Persons	8-Persons
\$9,950	\$10,650	\$11,400	\$12,150

32C

**NOTICE**

**Coliform Bacteria Found In Drinking Water Sample During October 1984**

Coliform bacteria is an environmental bacteria which is found in the soil and intestinal tract of warm blooded animals. The presence of coliform bacteria in drinking water indicates that some contamination has occurred.

In an attempt to correct the cause of the contamination we have done the following:

- We have disinfected the water system
- We have flushed the water lines
- We have installed continuous disinfection equipment

Check samples submitted on Sept. 1984 show the water to be free of coliform bacteria.

Tim McKoy  
McKoy's Village MHP  
I.D. #0347118  
1311 Stevens St.  
Raeford, N.C. 28376

32-33C

**PUBLIC NOTICE**

City of Raeford  
Hoke County  
North Carolina

In the Matter of Zoning Mr. and Mrs. Leon Britt 810 Dewberry Place Fayetteville, N.C. 28304 You are hereby notified that an

**LEGALS**

application is now pending before the Raeford Zoning Board of Adjustment requesting a variance in the Zoning Ordinance whereby the above said Mr. and Mrs. Britt plan to renovate the building at 124 East Central and use the same for a business and also a resident for their home to live in.

The public is hereby requested to attend this public hearing and express their views and opinions for the benefit of said Board of Adjustment.

A public hearing will be held at the City Hall on December 7, 1984 at 7:30 p.m.

This public notice to be published on November 29, 1984 and December 6, 1984.

Jimmy R. Conoly, Chairman  
Raeford Zoning Board of Adjustment

32-33C

**IN THE GENERAL COURT OF JUSTICE 84-E-80 84-7-91**

STATE OF NORTH CAROLINA HOKE COUNTY

**ADMINISTRATOR'S NOTICE**

Having qualified as Administrator of the estate of Henry Samuel Rowell of Hoke County, North Carolina, this is to notify all persons having claims against the estate of said Henry Samuel Rowell to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 9th day of November 1984.

Henry Scott Rowell  
5528 Fox Ridge Dr.  
Hope Mills, N.C. 28348

31-34C

**CREDITOR'S NOTICE**

Having qualified as administrator of the estate of Mary Stewart McLean, deceased, late of Hoke County, this is to notify all persons having claims against said estate to present them to the undersigned on or before May 15, 1985 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This the 15th day of November, 1984.

Bobby B. McNeill  
P.O. Box 277  
Raeford, N.C. 28376  
30-33C

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**THANK YOU**

for your election day support! For the next two years I will be listening to you and working to keep our nation great. Your prayers, ideas and letters will be greatly appreciated. The best to you and your family during this holiday season.

*Bill Hooper*  
Congressman Bill Hooper

Paid Political Ad

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